



FIRST AID 1 - THE BASICS

First Aid is the immediate care given to a person/victim who has suddenly become ill or injured

ROLE OF THE FIRST AIDER

- Bridge the gap between the time of the accident and the arrival of the physician.
- Ends when medical assistance begins.
- Doesn't intend to compete with or take place of the physician.

OBJECTIVE OF FIRST AID

- To prolong life
- To alleviate suffering
- To prevent further or added injury

FIRST AID KIT

- Rubbing Alcohol
- Povidone Iodine
- Hydrogen Peroxide
- Cotton
- Cotton swab
- Band aid
- Gauge pads
- Gloves
- Scissors
- Penlight
- Safety pins
- Forceps
- Tweezers
- Medical tape
- Splints
- Tongue depressor
- Bandage (triangular) Elastic Roller bandage

